


WEIGHT GUIDELINES

HOW MUCH WEIGHT SHOULD I GAIN DURING PREGNANCY?

The weight you gain is the weight your baby will gain plus your body's preparation to support your baby's growth during and after pregnancy. On the average, this would be divided:

BABY	7-8 lb.
INCREASED BLOOD AND FLUIDS	7-8 lb.
BREAST INCREASE	1-3 lb.
MATERNAL STORES	4-8 lb.
PLACENTA	1-2 lb.
UTERUS INCREASE	2-5 lb.
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TOTAL WEIGHT GAIN	24-34 lb.



Your weight gain will depend on your weight before you became pregnant. Your goal is a healthy baby. An adequate weight gain will help you to meet that goal. Following are the weight gain recommendations for weight ranges before pregnancy:

<u>IF YOU WERE</u>	<u>YOU SHOULD GAIN</u>
Underweight	28-40 lbs.
Normal weight	25-35 lbs.
Overweight	20-25 lbs.
Obese	15-20 lbs.

Ask your health professional which weight gain is best for you.

WEIGHT CONTROL AFTER THE BABY IS BORN

Eating well and regular physical activity will help you lose the weight you gained during pregnancy. Avoid going on a strict diet while you are breastfeeding. Ask your doctor before participating in physical activity after a Cesarean birth.

CAUTION



ALCOHOL

When mothers drink during pregnancy, their babies may be born with birth defects, mental retardation, and stunted growth. No one knows how much is too much. The best advice is not to drink beer, wine, or liquor at all during pregnancy. Alcohol also passes into breast milk, so should be avoided if nursing your baby.



SMOKING

Smoking during pregnancy may slow your baby's growth. Small babies are more likely to have health problems. Smoking while breastfeeding may decrease the amount of milk you can produce and means your family will be breathing your smoke.



DRUGS

Be sure to tell the doctor if you are taking any drugs (even over-the-counter drugs like aspirin) when you become pregnant. Drugs can pass through the placenta to your baby. Certain drugs may cause birth defects. Some drugs may pass into breast milk as well.



CAFFEINE








It is a good idea to limit or avoid caffeine from coffee, tea, or soft drinks when pregnant or breastfeeding.

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A HEALTHY MOM'S DAILY FOOD GUIDE



Pregnant
Breastfeeding
Postpartum

DAILY FOOD GUIDE		AMOUNT NEEDED				My Eating Pattern	
FOOD GROUP	FOOD CHOICES	PREGNANT / BREASTFEEDING TEEN	PREGNANT / BREASTFEEDING WOMAN	NON-PREGNANT UNDER 18	NON-PREGNANT OVER 18	AMOUNT EATEN	DIFFERENCE
 GRAINS	1 slice bread, small biscuit or muffin = 1 oz 1/2 hot dog or hamburger bun = 1 oz 1 cup cold cereal = 1 oz 1/2 cup cooked cereal = 1 oz 1/2 cup cooked noodles, pasta, or rice = 1 oz 3 cups popcorn = 1 oz 5 whole wheat or 7 saltine crackers = 1 oz	6-9 oz	6-9 oz	5-7 oz	5-7 oz		
 VEGETABLES	3/4 cup vegetable juice 1 cup raw leafy vegetables 1/2 cup cooked, chopped or raw vegetable	2½ - 3½ cups	2½ - 3½ cups	2-3 cups	2-3 cups		
 FRUITS	3/4 cup fruit juice 1 medium whole fruit 1/2 cup chopped, cooked or canned fruit 1/4 cup dried fruit	1 ½ -2 cups	1 ½ -2 cups	1 ½ - 2 cups	1 ½ - 2 cups		
 MILK/ MILK PRODUCTS	1 cup milk (Choose low-fat or fat-free dairy) 1 cup yogurt, ½ cottage cheese = ¼ cup milk 1-1/2 oz cheese = 1 cup of milk	4 cups	3 cups	3 cups	3 cups		
 PROTEIN FOODS	2-3 oz. cooked meat, fish, or poultry 1 egg = 1 oz ¼ cup cooked dried beans, peas, lentils = 1 oz 1 tbsp peanut butter = 1 oz	5 -6 ½ oz	5-6 ½ oz	5-6 oz	5-6 oz		
 OILS	Olive oil, canola oil, other vegetable oils. Soft vegetable oil spreads. salad dressing mayonnaise without trans fats	6-7 teaspoons	6-7 teaspoons	5-6 teaspoons	5-6 teaspoons		
 DISCRETIONARY CALORIES	Additional calories including butter, margarine, sugar, candy, jam, syrup, soft drinks, cake, cookies, pie, chips, etc.	These foods provide calories, with few nutrients					
WATER/OTHER LIQUIDS	1 cup water, juice, milk, soup	8-10 cups	8-10 cups	6-8 cups	6-8 cups		

Aim for whole grain breads and cereals in half of your daily choices. Whole grain foods include whole wheat bread, oatmeal, brown rice, whole wheat pasta, and whole wheat crackers. Whole grains cannot be identified by the color of the food. Whole grain should be listed first in the ingredient list.

Try to eat a variety of vegetables for optimum nutrition. Include dark leafy green vegetables, orange vegetables, starchy vegetables, dry beans and peas, and other vegetables like cucumbers, tomatoes, and zucchini.

Physical Activity Beyond Weight Control

- Regular physical activity contributes to overall health and well-being and reduces the risk of chronic disease.
- You should have 30 minutes of moderate activity most days of the week. Or do 5-10 minutes of moderate activity throughout the day to add up to at least 30 minutes.
- Activities include walking briskly, biking, swimming, playing sports and games, yard work, dancing, etc.
- If you are pregnant, ask your doctor about how much and the type of physical activity you can do.

Iron Foods Build Blood

- You need iron to carry oxygen to all parts of your body.
- If you do not get enough iron, you may tire easily and have anemia.
- The body gets iron from foods such as red meat, poultry, iron-enriched cereals, grain products, and breads, and dried peas and beans.
- Vitamin C helps your body to use iron. Try to eat Vitamin C rich foods with iron-rich foods.

Folic Acid: For You and Baby

- Your baby needs folic acid before you even know you're pregnant.
- Folic acid helps baby's brain and spinal cord form properly.
- Folic acid may help fight heart disease, colon and cervical cancers.
- You need 400 micrograms of folic acid a day. The best way to get it is to take a multivitamin every day and eat a healthy diet.
- Foods rich in folic acid include orange juice, fortified cereals, and leafy green vegetables.